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**COVID-19  
ASSISTANCE  
FOR  
COMMUNITY  
HEALTH  
COACH**



- COVID-19 is an illness caused by a virus that can spread from person to person.
- COVID-19 symptoms can range from mild or no symptoms to severe illness.
- You can become infected from droplets when a person coughs, sneezes, or talks
- You can also become infected by touching a surface which has the virus on it and then touching your mouth, nose, or eyes



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# SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion and runny nose
- Nausea or vomiting
- Diarrhea

If suspected of having COVID-19 seek immediate emergency medical care if you experience trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, blueish lips or face.

# PROTECT YOURSELF AND OTHERS FROM COVID-19

With no vaccine currently available, the best way to protect yourself is to avoid being exposed to the virus that causes COVID-19

- Wear a mask that covers your nose and mouth in public settings
- clean and disinfect frequently touched surfaces
- wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based sanitizer that contains at least 60% alcohol
- stay home if you are sick
- Buy groceries and medicine, go to the doctor, and complete banking activities online whenever possible
- if you must go in person stay at least six feet away from others and disinfect items you must touch

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## **PROTECT YOURSELF AND OTHERS FROM COVID-19**

If you have been exposed to COVID-19, the following measures can be taken to help minimize risk of spreading the virus to other people:

- stay home if you are sick, except to get medical care
- avoid public transportation, ridesharing, or taxis
- separate yourself from other people and pets in your home
- there is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms
- if you need medical attention, call ahead

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# EFFECTS OF COVID-19

- COVID-19 has impacted and continues to effect all systems that we encounter on a day-to-day basis even beyond our physical health. Educational institutions have had to close, services usually delivered in person have gone remote, unemployment rates have soared to all time highs, individuals have experienced prolonged periods of isolation and many typical social functions have been cancelled. Everyone has a story of how COVID-19 has changed their day-to-day life. These changes can have lasting impact on the financial security, mental health, and physical well-being of the individuals dealing with this pandemic. COVID-19 Assistance for Community Health (COACH) was specifically designed as a means of intervention to provide support and connection as we continue to cope with and help from this pandemic together.

## WHAT IS COACH?

- Grant funded crisis counseling program provided by the Substance Abuse and Mental Health Services Administration (SAMHSA) in partnership with the Federal Emergency Management Agency (FEMA)
- Strengths Based
- Anonymous
- Outreach Oriented
- Culturally Aware
- Non-traditional Settings
- Designed to Strengthen Existing Community Support



**COACH  
PROVIDERS  
ASSIST  
INDIVIDUALS TO:**

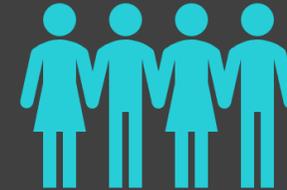


## TYPES OF REACTION



### Individual trauma:

May cause stress and grief  
May cause fatigue, Irritability, relationship, and hopelessness



### Collective trauma:

May damage community support  
May affect individual coping

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# INDIVIDUAL REACTIONS

- Physical: Gastrointestinal problems, headaches, aches, pains, weight change, sweating or chills, tremors or muscle twitching, clumsiness, increased accidents, becoming easily startled, chronic fatigue or sleep disturbances, immune system disorders, sexual dysfunction,
- Emotional: feeling heroic, euphoric or invulnerable, denial, anxiety or fear, depression, guilt, apathy, grief
- Cognitive: disorientation and confusion, poor concentration , difficulty setting priorities or making decisions, loss of objectivity, recurring dreams, nightmares or flashbacks, preoccupation with disaster (positive responses can include determination and sharper perception)
- Behavioral: change in activity level, alcohol and drug use or abuse, increased use of over-the-counter medications, difficulty communicating or listening, irritability , anger or frequent arguments, declining job performance, frequent crying, difficulty sleeping, avoidance of triggering places or activities (positive responses can include group identification and unselfish behavior)

# RESILIENCE:

The COACH works on the fact that most people are resilient and have a built-in ability to recover from or adjust to misfortune or change such as the COVID-19 pandemic. This is one of the most important factors in fostering individual and community recovery and is an essential element of COACH. We don't approach people ready to diagnose. We ask them how they think they are doing and what's working well for them.

To foster resilience, COACH assists participants to connect with others who understand and accept their feelings. Participants should be encouraged to maintain a positive view of themselves and their abilities to find solutions to their concerns. COACH providers can model effective communications and teach participants coping skills to help them manage strong emotions and impulses. For example, all individuals can learn Adult Breathing Retraining to help themselves decrease anxiety and decrease stress.

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According to Merriam-Webster dictionary, resilience is an ability to recover from and adjust easily to misfortune or change



# WAYS TO FOSTER RESILIENCE:

- Connecting with family and social supports
- developing self-awareness and have faith in one's ability to rebuild one's life
- becoming more spiritual or religious
- finding a deeper meaning and purpose in life
- developing optimism and discovering inner strength
- having a sense of humor; being lighthearted
- engaging in physical exercise
- being patient with oneself

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# CONNECTION TO SERVICES:

- Referrals to primary care doctor
  - Referrals to mental health and substance-abuse services
  - Connection to community resources
  - Information for unemployment benefits and employment services
  - Information on supportive group counseling resources
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# CONTACT COACH

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## Connecticut Mental Health and Addiction Regional Service Delivery Areas

